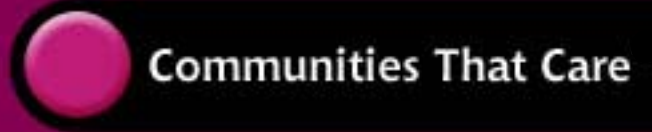


The Research Foundation



Phase Two: Organizing, Introducing, Involving



Module 2 goal



Provide an overview of the
Communities That Care
research foundation.



Objectives



1. Describe the research foundation of the *Communities That Care* system.
2. Explain how the prevention-science research base helps build positive futures for youth and prevent problem behaviors.



The research foundation



- The Social Development Strategy
- The public health approach
- Research-based predictors of problem behaviors and positive youth outcomes—risk and protective factors
- Tested, effective prevention strategies



Building positive futures:

**“Begin with
the end
in mind.”**

—Stephen Covey



Communities That Care





**“Begin with
the end
in mind.”**

—Stephen Covey



The Social Development Strategy

A research-based model that organizes known protective factors into a guiding framework for building positive futures for children



Communities That Care



The goal...
Healthy behaviors
for all children and youth



Communities That Care

Start with...
Healthy beliefs & clear standards
...in families, schools, communities and peer groups

Build...
Bonding
• **Attachment** • **Commitment**
...to families, schools, communities and peer groups

By providing...
Opportunities

By providing...
Skills

By providing...
Recognition

...in families, schools, communities and peer groups

And by nurturing...
Individual characteristics

**Building
protective
factors**

**The Social
Development
Strategy and
Development
factors**

Prevention-science research base



Communities That Care

- The Social Development Strategy
- The public health approach



The public health approach



Communities That Care

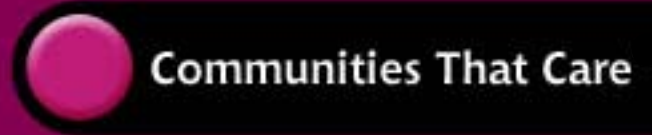


The public health approach



- Based on research on predictors of health problems
- Modifies predictors to prevent behavior problems
- Can affect the entire social environment
- Works through collaboration
- Can create long-lasting results

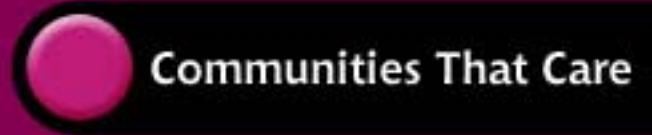
Prevention-science research base



- The Social Development Strategy
- The public health approach
- Research-based predictors of problem behaviors and positive youth outcomes—risk and protective factors



Predictors of problem behaviors and positive youth outcomes



Risk factors

Research has identified *risk factors* in four domains:

Risk factors are predictive of higher levels of adolescent substance abuse, delinquency, teen pregnancy, school drop-out and violence.

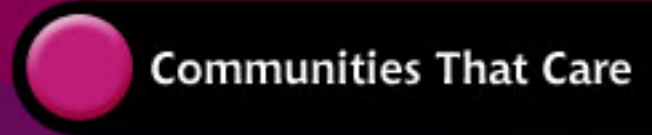


Risk factors



- Research-based
- Predictive in multiple longitudinal studies
- Present in all areas of influence
- Predictive of multiple problem behaviors
- Present throughout development
- Work similarly across racial lines
- Measurable
- Buffered by protective factors

Community risk factors



Adolescent problem behaviors

Substance Abuse
Delinquency
Teen Pregnancy
School Drop-Out
Violence

Availability of Drugs	✓				✓
Availability of Firearms		✓			✓
Community Laws and Norms Favorable toward Drug Use, Firearms and Crime	✓	✓			✓
Media Portrayals of Violence					✓
Transitions and Mobility	✓	✓		✓	
Low Neighborhood Attachment and Community Disorganization	✓	✓			✓
Extreme Economic Deprivation	✓	✓	✓	✓	✓

Family risk factors

Adolescent problem behaviors

Substance Abuse

Delinquency

Teen Pregnancy

School Drop-Out

Violence

Family History of the Problem Behavior	✓	✓	✓	✓	✓
Family Management Problems	✓	✓	✓	✓	✓
Family Conflict	✓	✓	✓	✓	✓
Favorable Parental Attitudes and Involvement in the Problem Behavior	✓	✓			✓

School risk factors



Adolescent problem behaviors

Substance Abuse

Delinquency

Teen Pregnancy

School Drop-Out

Violence

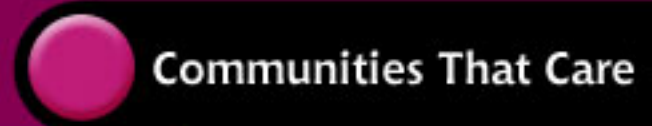
Academic Failure Beginning in Late Elementary School



Lack of Commitment to School



Peer and individual risk factors

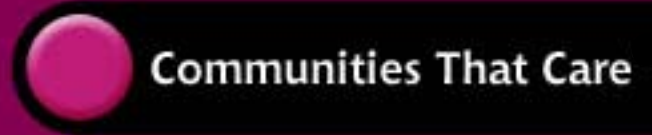


Adolescent Problem Behaviors

Substance Abuse
Delinquency
Teen Pregnancy
School Drop-Out
Violence

Early and Persistent Antisocial Behavior	✓	✓	✓	✓	✓
Rebelliousness	✓	✓		✓	
Friends who Engage in the Problem Behavior	✓	✓	✓	✓	✓
Gang Involvement	✓	✓			✓
Favorable Attitudes toward the Problem Behavior	✓	✓	✓	✓	
Early Initiation of the Problem Behavior	✓	✓	✓	✓	✓
Constitutional Factors	✓	✓			✓

Predictors of problem behaviors and positive youth outcomes



Protective factors

Research has identified *protective factors* in four domains:

Protective factors buffer young people's exposure to risk.

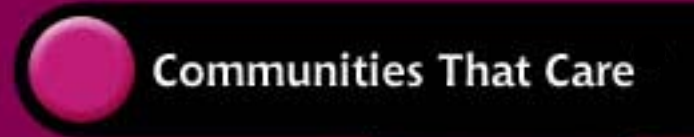


Protective factors



- Research-based
- Present in all areas of influence
- Measurable
- Predictive of positive youth development
- Present throughout development
- Buffer effects of risk exposure

Protective factors



- Individual factors
 - High intelligence
 - Resilient temperament
 - Prosocial orientation
 - Competencies and skills
- Prosocial opportunities
- Reinforcement for prosocial involvement
- Bonding
- Healthy beliefs and clear standards



The goal...
Healthy behaviors
for all children and youth



Communities That Care

Start with...
Healthy beliefs & clear standards
...in families, schools, communities and peer groups

Build...
Bonding
• **Attachment** • **Commitment**
...to families, schools, communities and peer groups

By providing...
Opportunities

...to families, schools, communities and peer groups

By providing...
Skills

By providing...
Recognition

And by nurturing...
Individual characteristics

**Building
protective
factors**

**The Social
Development
Strategy and
Development
factors**

Frameworks for community action



The Search Institute's framework:

- assesses external and internal assets
- promotes positive youth development by enhancing assets.

The *Communities That Care* framework:

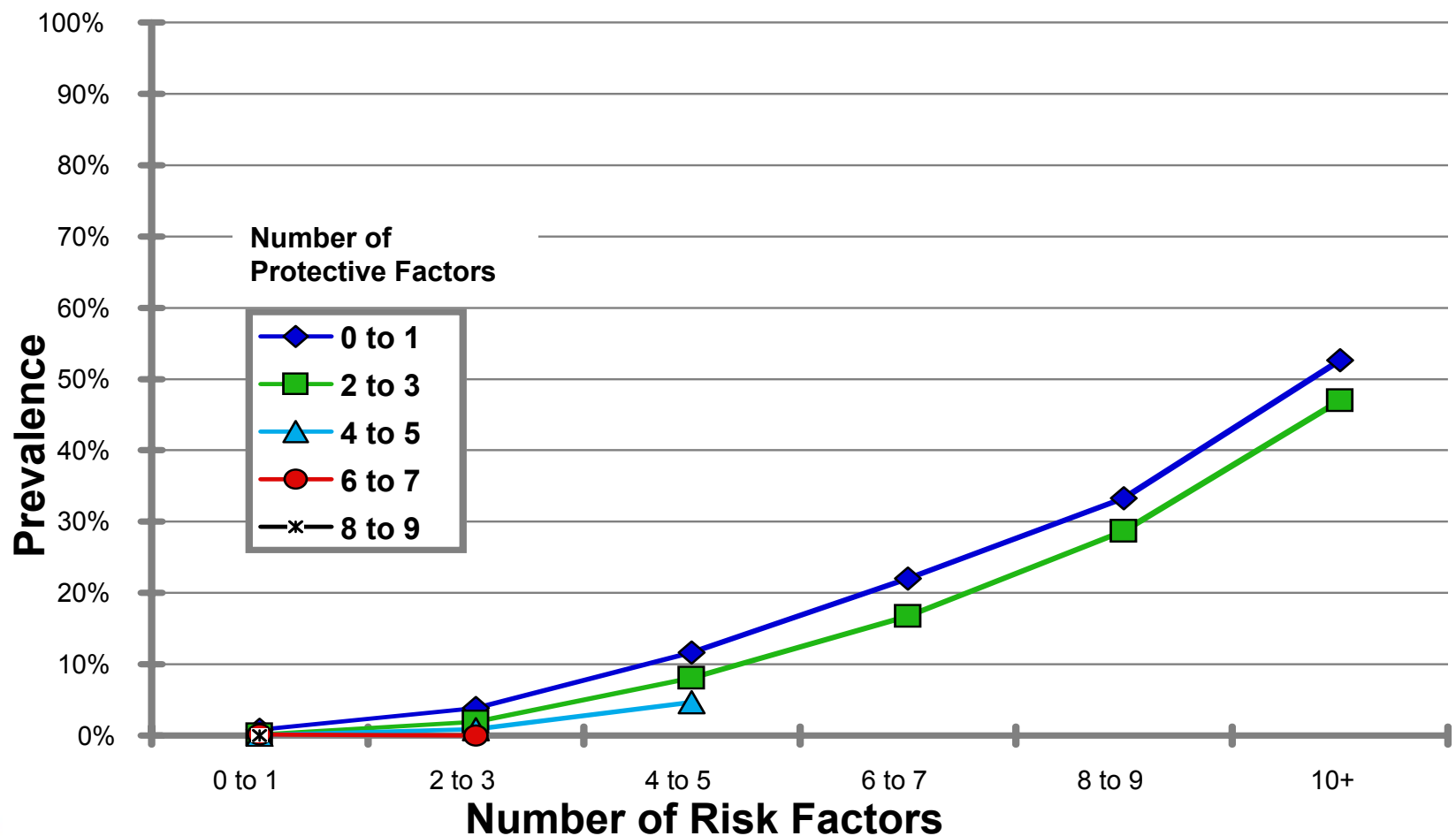
- uses the Social Development Strategy
- assesses risk *and* protective factors
- matches risk and protection profiles with tested, effective programs
- promotes positive youth development by reducing risk *and* enhancing protection.



Association of risk- and protective-factor levels with marijuana use (past 30 days)



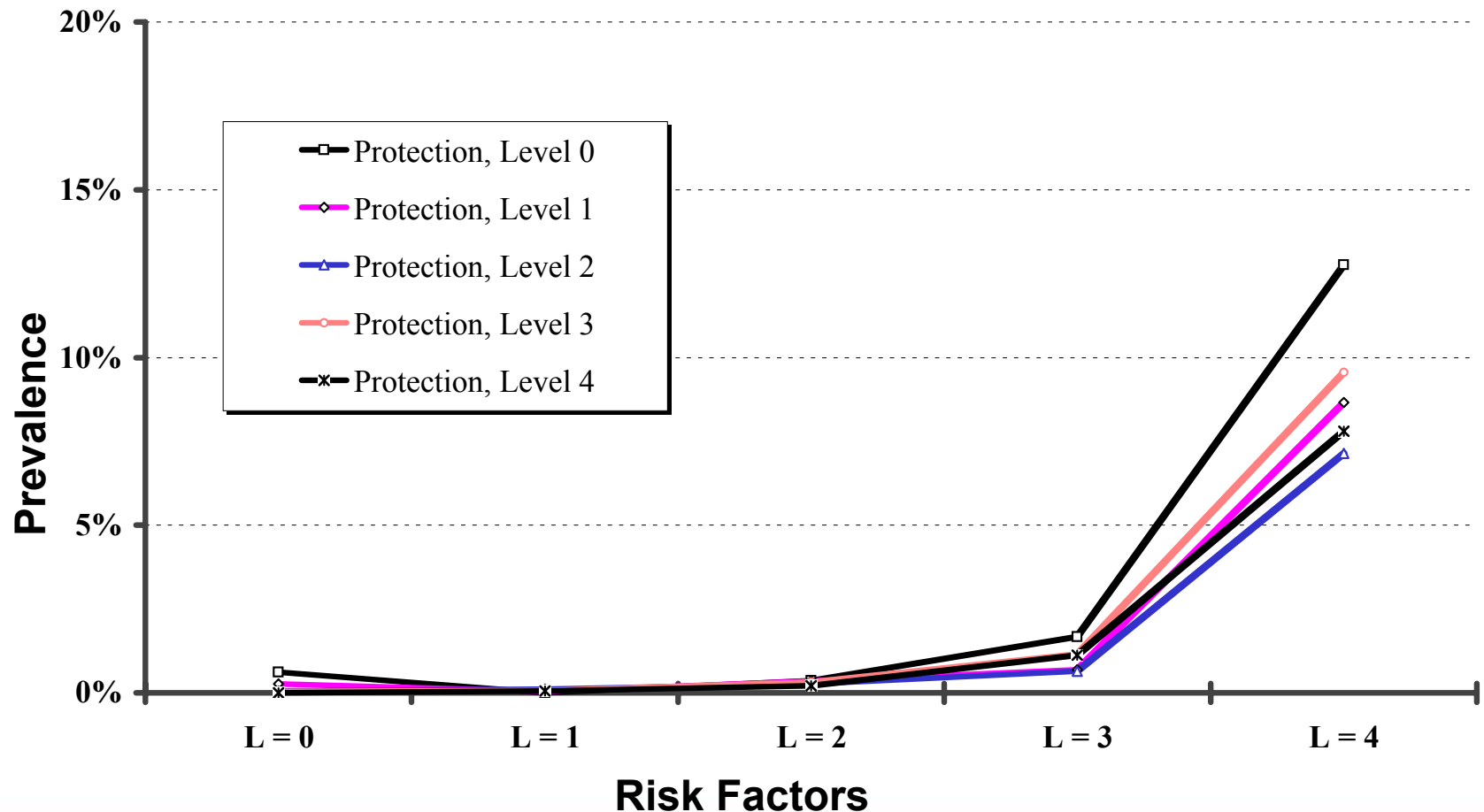
Communities That Care



Association of risk- and protective-factor levels with taking a gun to school (past year)



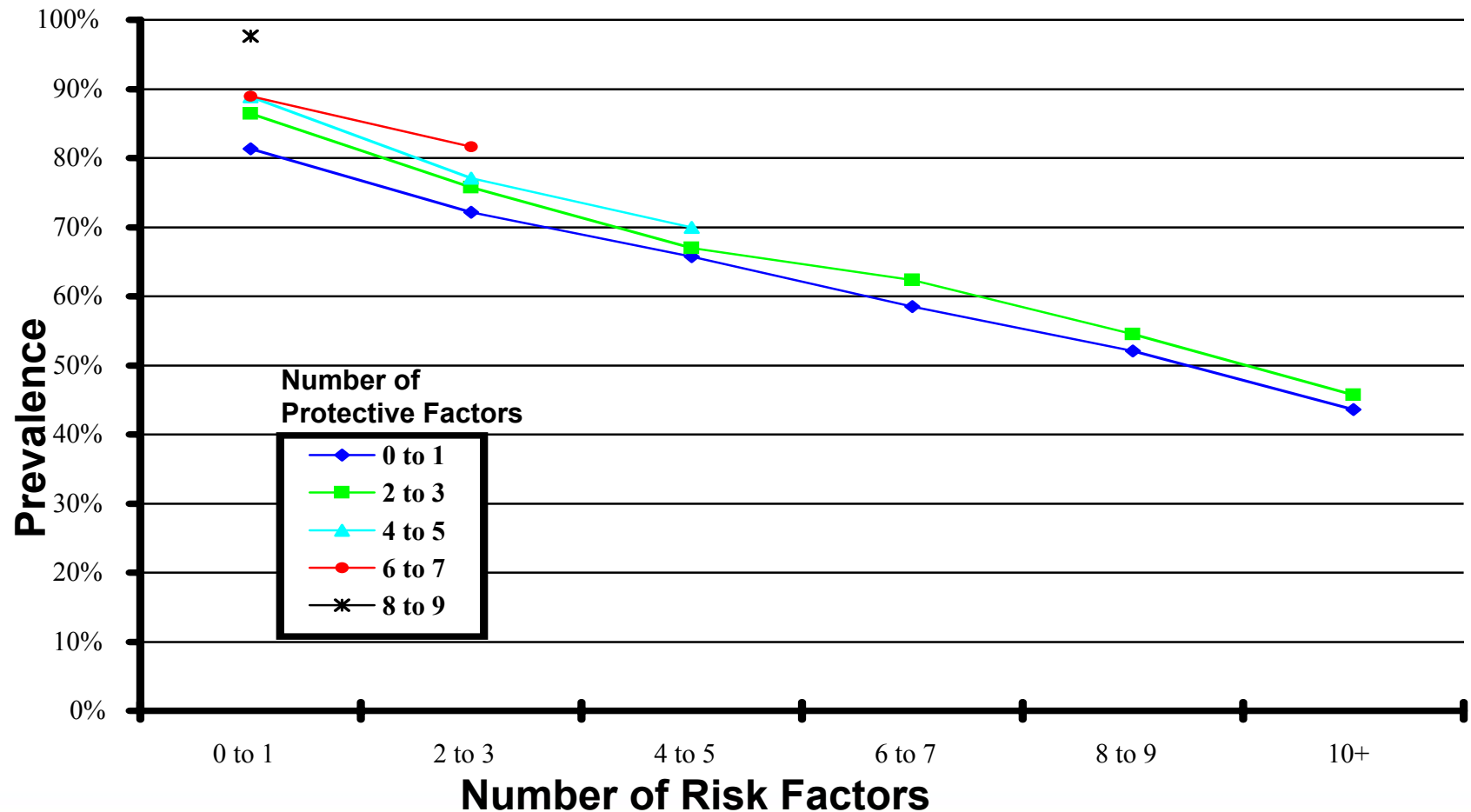
Communities That Care



Association of risk- and protective-factor levels with academic success (past year)



Communities That Care



What research has shown about risk and protective factors



- Risk and protective factors exist in all areas of children's lives.
- The more risk factors present, the greater the chances of problem behavior.
- Risk and protective factors can be present throughout development.
- Risk factors are buffered by protective factors.

What research has shown about risk and protective factors



- Common risk and protective factors predict diverse behavior problems.
- Risk and protective factors work similarly across racial lines.
- Both risk and protective factors should be used in prevention efforts.

Prevention-science research base

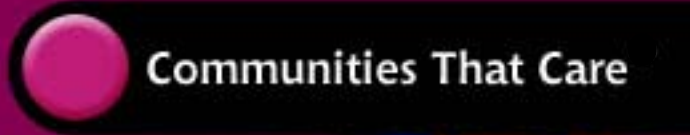


Communities That Care

- The Social Development Strategy
- The public health approach
- Research-based predictors of problem behaviors and positive youth outcomes—risk and protective factors
- Tested, effective prevention strategies



Tested, effective prevention strategies



Programs, policies or practices that have demonstrated effectiveness in:

- Reducing specific risk factors and enhancing protective factors
- Enhancing positive behaviors and reducing negative behaviors



Effective prevention strategies



- Project STAR
- Adolescent Alcohol Prevention Trial
- Preparing for the Drug-Free Years
(Now called Families That Care: Guiding Good Choices)
- Adolescents Training and Learning to Avoid Steroids:
The ATLAS Program
- Project Family
- Strengthening Families Program
- Focus on Families
- Reconnecting Youth
- Adolescent Transitions Program
(National Institute on Drug Abuse, 1997)



Communities That Care

Prevention Strategies:

A Research Guide to What Works

What works in prevention?



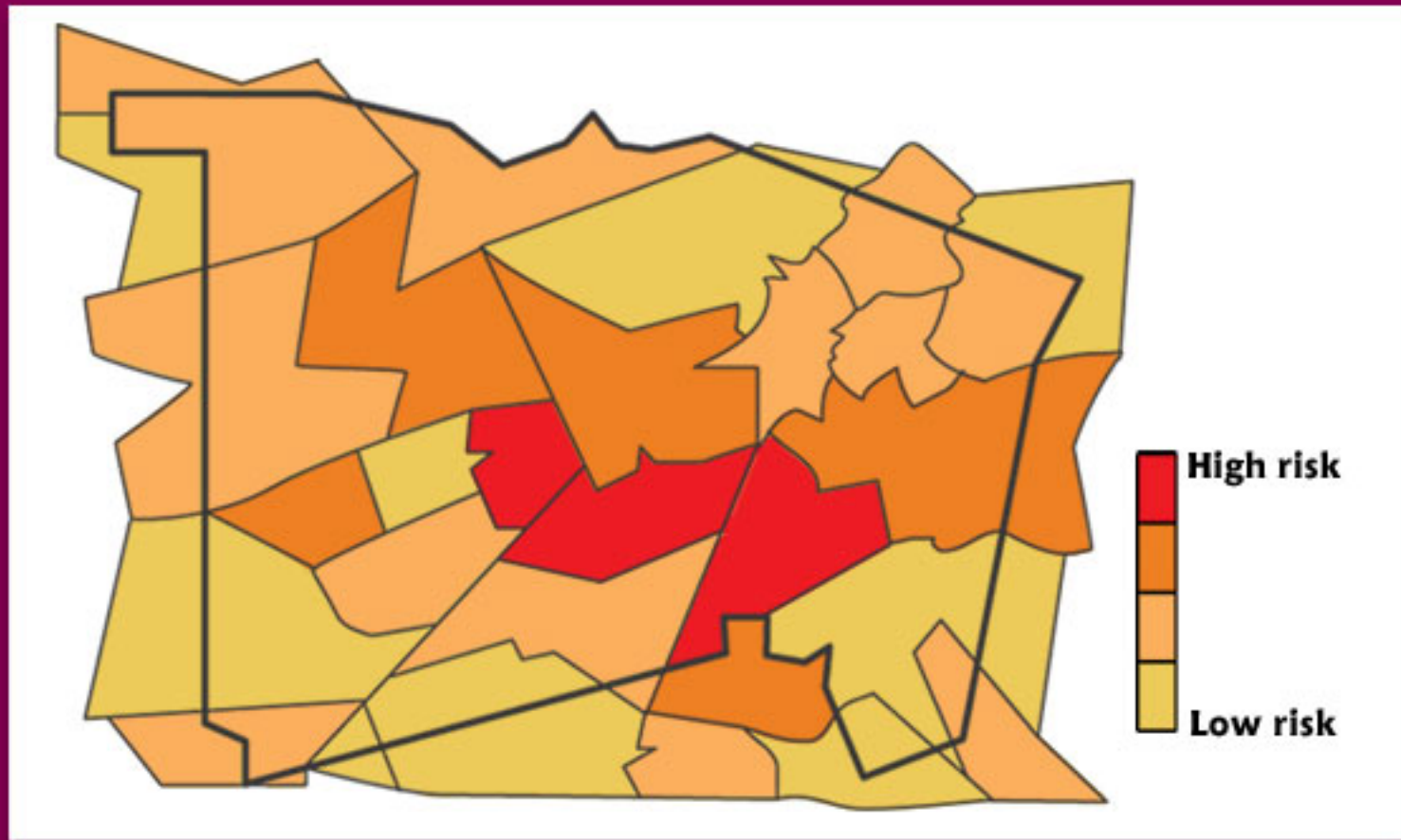
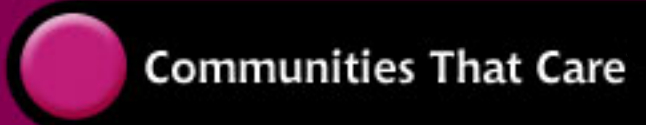
1. Assessing community levels of risk and protection
2. Prioritizing elevated risks and depressed protective factors
3. Including individuals and groups exposed to the highest levels of risk and the lowest levels of protection



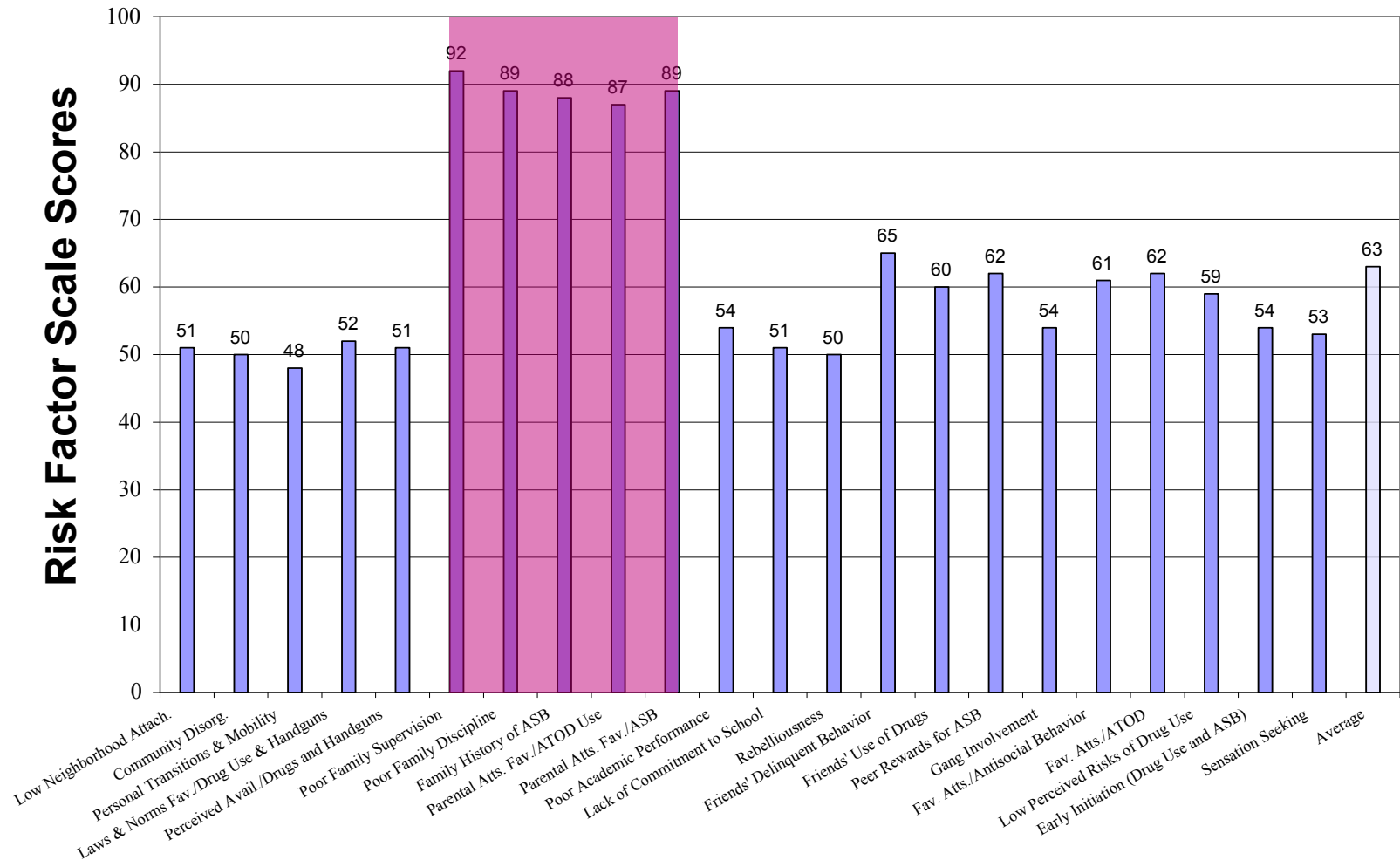
What works in prevention?

4. Matching tested, effective programs to the community's risk and protection profile
5. Selecting tested, effective programs that address the racial, economic and cultural characteristics of the community
6. Implementing chosen programs, policies and practices with fidelity and intensity at the appropriate ages

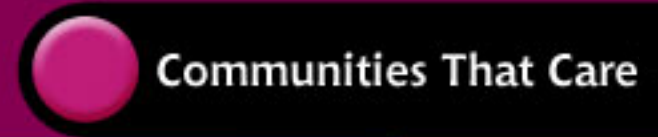
Different communities, different strategies



Risk profile: Neighborhood #1



Family domain



Risk factor addressed	Program strategy	Healthy beliefs/ clear standards	Protective factors				Developmental period
			Bonding	Opportunities	Skills	Recognition	
Family history of the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
Family management problems	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Early childhood education	✓	✓	✓	✓	✓	3-5
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	6-14
Family conflict	Marital therapy	✓	✓	✓	✓	✓	Prenatal
	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	6-14
Favorable parental attitudes and involvement in the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Community/school policies	✓	✓	✓	✓	✓	All

Tested, effective prevention strategies:

Prenatal and infancy programs

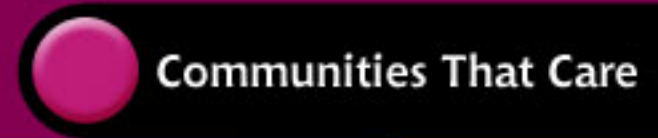


Communities That Care

- **Nurse-Family Partnership**
(Olds et al., 1986; Olds & Kitzman, 1993; Olds et al., 1998)
- **Syracuse Family Development Research Program**
(Lally, Mangione & Honig, 1988)
- **Infant Health and Development Program**
(Ramey, 1990; Ramey et al., 1992; Liaw et al., 1995)
- **Keys to Caregiving videotape series**
(Barnard et al., 1988)



Family domain



Risk factor addressed	Program strategy	Healthy beliefs/ clear standards	Protective factors				Developmental period
			Bonding	Opportunities	Skills	Recognition	
Family history of the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
Family management problems	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Early childhood education	✓	✓	✓	✓	✓	3-5
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	6-14
Family conflict	Marital therapy	✓	✓	✓	✓	✓	Prenatal
	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Family therapy	✓	✓	✓	✓	✓	6-14
Favorable parental attitudes and involvement in the problem behavior	Prenatal/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Parent training	✓	✓	✓	✓	✓	Prenatal-14
	Community/school policies	✓	✓	✓	✓	✓	All

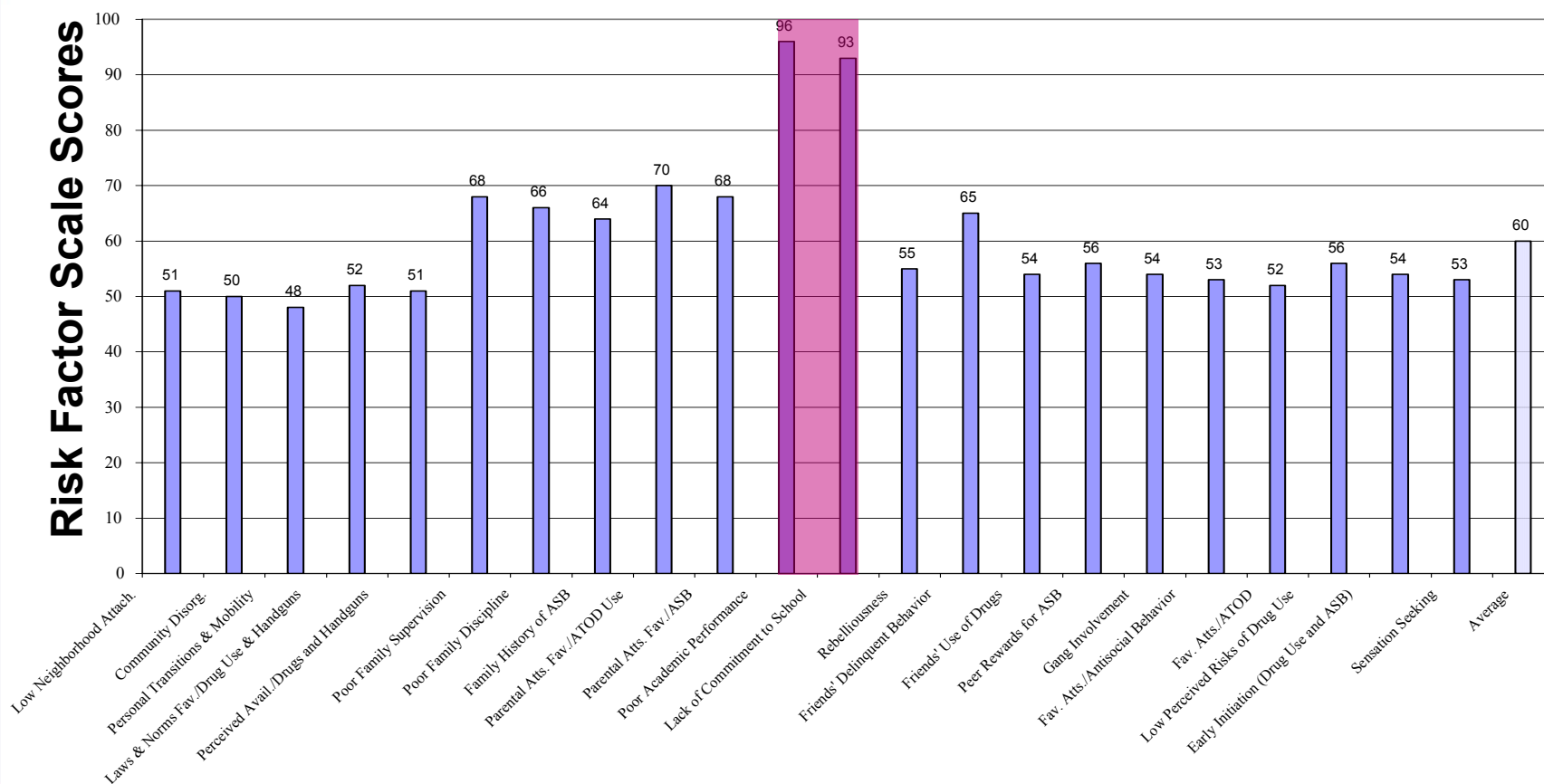
Tested, effective prevention strategies:



Parent training

- **Families That Care: Guiding Good Choices**
(Catalano et al., 1998)
- **Preparing for School Success**
(Hawkins et al., 1999)
- **Iowa Strengthening Families Program**
(Spoth et al., 1998, 1999, 2001)

Risk profile: Neighborhood #2



School domain



Communities That Care

Risk factor addressed	Program strategy	Healthy beliefs/ clear standards	Protective factors				Developmental period
			Bonding	Opportunities	Skills	Recognition	
Academic failure beginning in late elementary school	Parent/infancy programs	✓	✓	✓	✓	✓	Prenatal-2
	Early childhood education	✓	✓	✓	✓	✓	3-5
	Parent training	✓	✓	✓	✓	✓	Prenatal-10
	Organizational change in schools	✓	✓	✓	✓	✓	6-18
	Classroom organization, management and instructional strategies	✓	✓	✓	✓	✓	6-18
	Classroom curricula for social competence	✓	✓	✓	✓	✓	6-14
	School behavior management strategies	✓		✓		✓	6-14
	Youth employment with education	✓	✓	✓	✓	✓	15-21

Tested, effective prevention strategies:

Classroom curricula for social competence



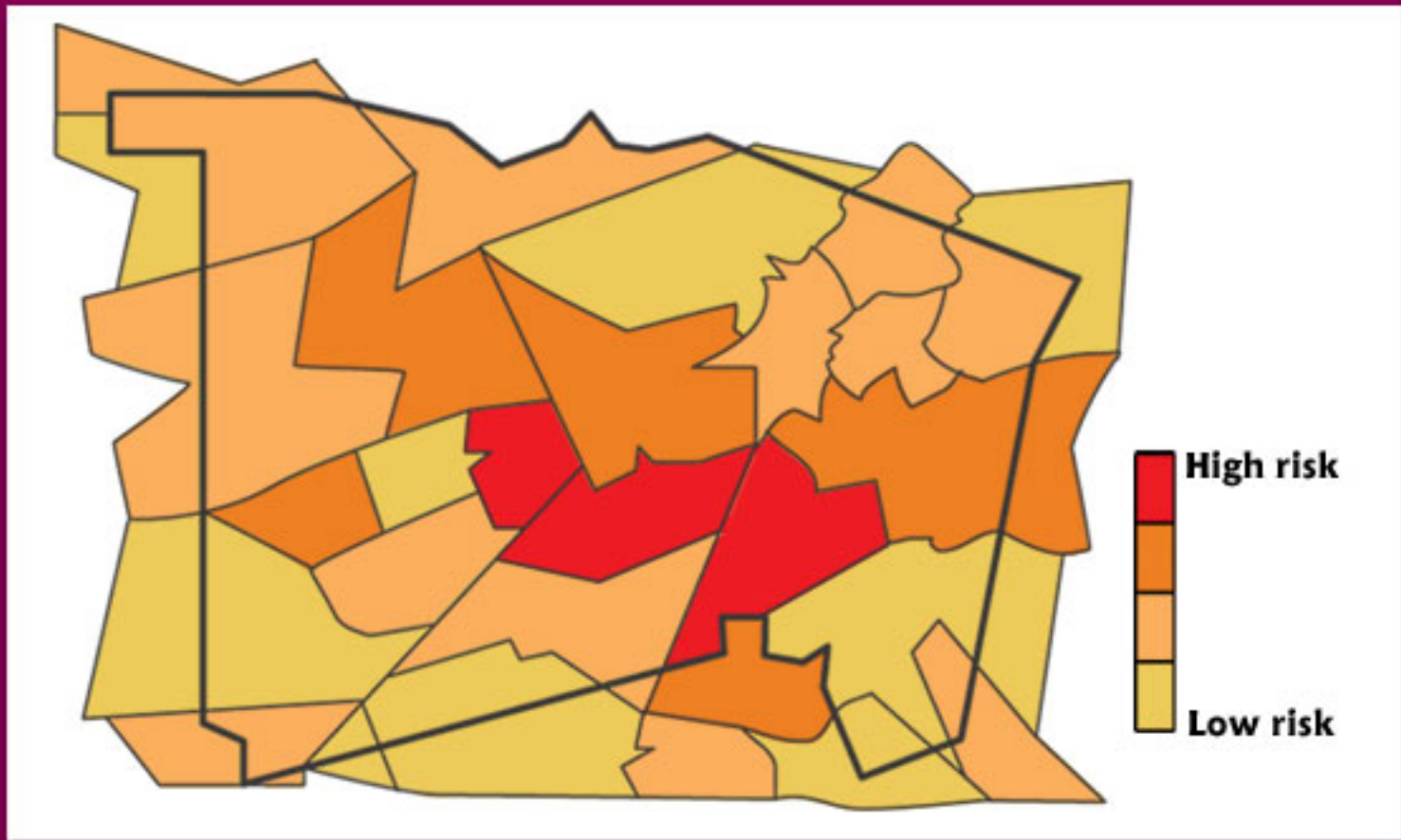
- Reconnecting Youth
(Eggert et al., 1994)
- Children of Divorce
Intervention Program
(Pedro-Carroll & Cowen, 1985; Pedro-Carroll et al., 1986, 1992)



Different communities, different strategies



Communities That Care



What works in prevention?

1. Assessing community levels of risk and protection
2. Prioritizing elevated risks and depressed protective factors
3. Including individuals and groups exposed to the highest levels of risk and the lowest levels of protection



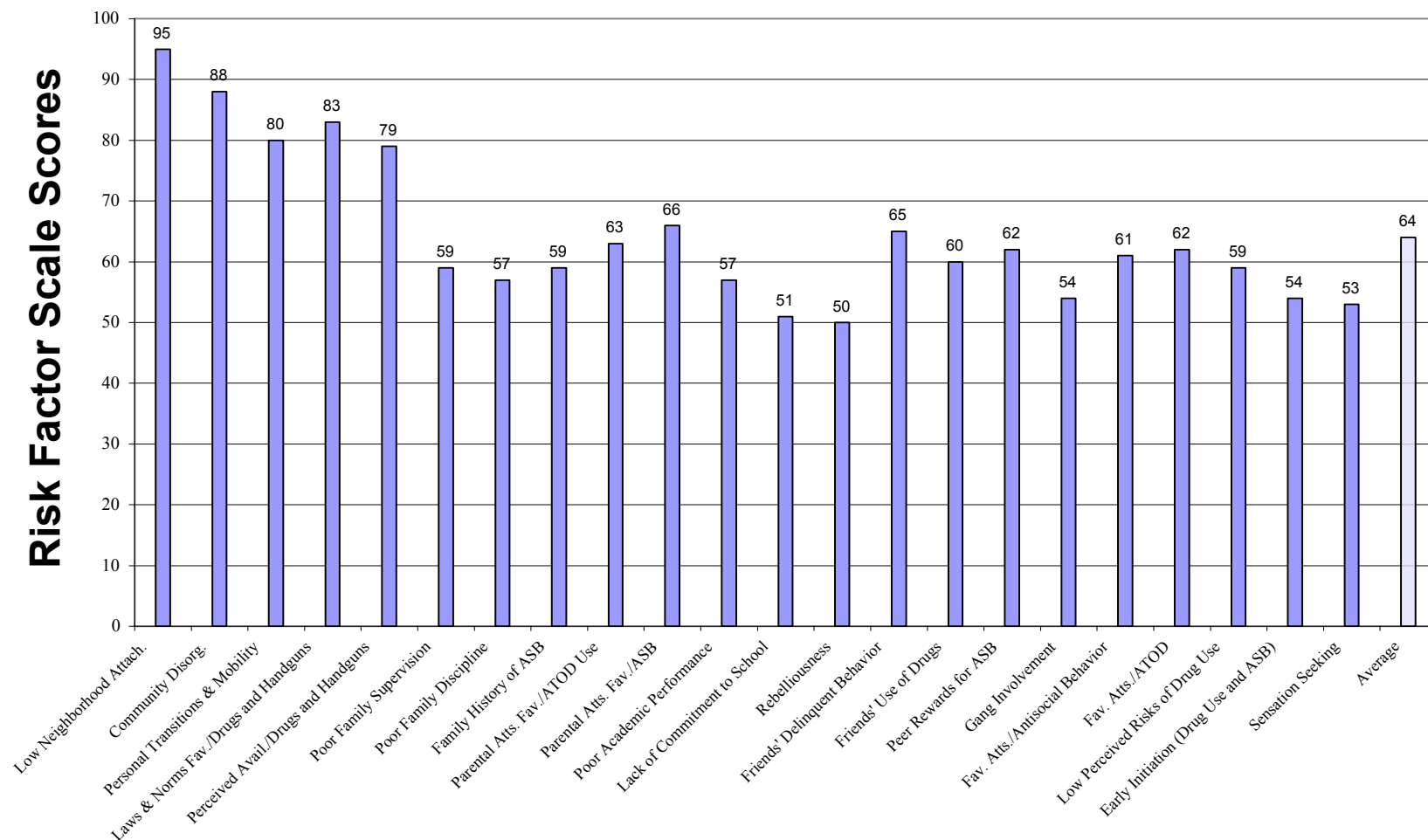
What works in prevention?

4. Matching tested, effective programs to the community's risk and protection profile
5. Selecting tested, effective programs that address the racial, economic and cultural characteristics of the community
6. Implementing chosen programs, policies and practices with fidelity and intensity at the appropriate ages

Risk profile: Neighborhood #3



Communities That Care



Phase Two: Organizing, Introducing, Involving

